

# The Senior Edition

July/August 2014 Volume 14 Issue 7/8



*The Town of Shrewsbury's Council on Aging mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older.*

## Letter from the Director:

It wouldn't be July if I didn't greet everyone with my Annual "Happy New Year" wishes! Yes, the new fiscal is July 1st and we are off and running! During this fiscal year, which will run through June 30, 2015, we will celebrate the 15th anniversary of the opening of the Senior Center! Hard to believe!

Last month, long-time Board Member **Lillian Goodman** attended her last Board meeting. What a tremendous asset she has been to the department and the community during her many years of service! We will miss her and hope to see her at the Senior Center for other events (which might be a little more exciting than the Board meetings!)

On another sad note, COA and Shrewsbury Media Connection volunteer **John Chaplin** passed away since we last went to print. John and his wife named the Senior Center as the recipient of his Memorial Donations. Even in his passing, John is still helping us at the Senior Center. We also received a generous donation in Memory of **Evelyn Bloom**. We are honored to have people remembered in such a special way!

Please see the note to the right about this special summer issue!

—Sharon Yager

**NO, the Post Office Did Not  
Lose Your Newsletter!**

**Please note this is our first  
combined summer issue and it  
covers July and August!**

**This will help the COA and the  
Friends reconcile increases in  
Newsletter expenditures this  
year.**

**You can expect your  
September issue after it is  
mailed August 29th.**

**Have a Great Summer!**



**Friends of the Shrewsbury Senior Center, Inc.**

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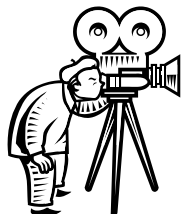
## July & Aug, Free Health Screenings:

**Please call to sign up!**

7/8 & 8/12 10am: Chiropractic: Shrewsbury Chiropractic will screen you to show how chiropractic care may improve your quality of life.

7/8 & 8/12 1pm: Hearing: Peter Lee, Audiologist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at Noon: Blood Pressure Screenings



## Summer Movies and Lunch!

**Fri. July 11th, 11:30am:** July marks the 45th anniversary of the First Man to Walk on the Moon on July 21st. 1969. To celebrate, the July movie is the award-winning film "Gravity", starring Sandra Bullock (as Dr. Ryan) and George Clooney (as Matt Kowalski). Dr. Ryan is a brilliant engineer on her first shuttle mission with veteran astronaut Matt Kowalski. On a seemingly routine spacewalk, disaster strikes. The only way home is to go further out into the terrifying expanse of space. Come see why this film won 7 Academy, 6 BAFTA and 7 Critics Choice Awards! Rated PG- 13, Runtime: 1 hr, 30 min.

**Fri., August 8th,** will feature another award-winning film, "Philomena", starring the acclaimed Dame Judi Dench in the lead role of Philomena Lee. Based on the true story of an Irishwoman who became pregnant as a teenager in 1952 who was forced to give up her child for adoption. Her child is adopted by a family in America. Once her in 70s, through a lucky set of circumstances, Philomena happens to meet Martin Sixsmith, an ex-BBC reporter. When Philomena tells Martin about her long search for her child, he realizes that hers is a remarkable story. He arranges for the two of them to visit the United States to find out what happened to her child. Based on the best-selling book Sixsmith wrote: "The Lost Child of Philomena Lee," . Rated PG-13, Runtime: 1 hr, 35 min..

*This summer's films are generously sponsored by Shrewsbury Crossings. Call the Senior Center to reserve your seat and enjoy complimentary refreshments. Consider having lunch at the Village Café for \$2.50. Reminder! we have over 100 movies available for sign-out. Please see the list at the front desk.*

## Tues., July 8th & August 12th Legal Clinic,

**9:00am-12pm:** The summer's volunteer elder law attorney are as follows:

**Jul., 8th Paula Smith. And Aug., 12th Richard Barry** Slots fill quickly. Advance sign-up required, call the Senior Center to register.

## Wed., July 9th, Card Making, 10am-12pm

Enjoy some creative fun with COA volunteer and card maker Colleen Crowley. Make your own unique card to send to a special friend, make a birthday card, a wedding card or a card just to say hello. No matter what, your card will be one-of-a-kind for your recipient! Materials will be provided and the class is free. Sign up at the front desk or call 508-841-8640!

## Fri., Jul., 11th, & Aug 1st 10-

**11am:** Heart Healthy Smoothies and Brain Gym **\*Workshop\*** These yummy workshops are based on the principles of Brain Gym which uses various movements to stimulate the central nervous system, improve coordination and organize the nervous and muscular systems to prepare for exercise and gross motor activities as well as stimulate cardio vascular function, cognition and reduce the risk of falls. There will be a new smoothie every month, you'll leave with a delicious, healthy treat and a recipe to take home to make your own!. Please call 508-841-8640 or stop by the front desk to register.



## July 15th, Ice Cream Social,

**12:30 pm:** Join the Shrewsbury Senior Center and Summit Eldercare for a yummy afternoon of delicious ice cream and cool summer treats! Bring your friends and get a brief respite from the heat! If you have any dietary restrictions please let us know when you sign up. This event is being sponsored by Summit Eldercare. RSVP to the front desk or 508-841-8640 by July 9, 2014.

## July 17th, 9:30am Aquatics Lecture:

Most people associate summer with swimming. But have you ever wondered what Aquatic Physical Therapy is all about and how it can assist in the recovery process from various injuries and orthopedic conditions? Kim Barrow, MS,PTA, CSCS, from Greendale Physical Therapy, will talk about what orthopedic and neuromuscular conditions can be treated in an aquatic environment. She will also bring along various equipment she uses in the pool with the clients to make the exercises more challenging. Aquatic Physical Therapy is covered under a lot of insurance plans, but many people do not know the many benefits that can be achieved. Come learn more about the therapeutic principles of water and how it can help you or someone you know function better with less pain and stiffness. Please call to sign up!



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**Thurs., July 24th, & August 21st Blood Drive,**

**2-8pm:** One pint of blood can help to save up to three lives! Every two seconds someone needs a blood transfusion. Adults of any age can donate! Call the Red Cross at 1-800-GIVE-LIFE.

**Thurs., July 31st & Aug 28th, 2:00 pm, Book**

**Chat:** For the month of **JULY** discussion please read the book **"Summer" by Edith Wharton**. And for **August** please read **"The Street of A Thousand Blossoms" by Bail Tsukiyama**. Copies are available at the Shrewsbury Public Library's Circulation Desk.

**July 31st, 1pm: "MUSIC IS LOVE - Dick and Dawn - Music, Magic and Comedy"**



Back by popular demand! Entertainers Dawn Kelley and Dick Miller will be performing at the Senior Center again in **July!**

Their duo, "MUSIC IS LOVE", was formed over 35 years ago, and the two have performed in restaurants, night clubs and lounges throughout the New England area. More recently, they perform at nursing homes, assisted living, independent living communities and senior centers. Dawn plays and brings with her a piano keyboard system with all the instruments of an orchestra, including rhythm and bass. Dick plays a beautiful Les Paul Studio guitar.

Both Dick and Dawn have terrific voices, blending well together in harmony, as well as performing solo, doing tunes from the 1930's through the 1970's. To top it all off, Dick is also a professional magician and amazes audiences where ever he goes. The duo combines all these talents, music, magic and a touch of comedy, for a truly unique show -a show unlike anything anyone else is doing. They like to make it fun for the audience, and as the old saying goes, "Laughter is the best medicine." Please call to sign up for this fun event!

*MUSIC IS LOVE is sponsored in part by a generous grant from the Shrewsbury Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*

**Senior Television Shows, SPAC-TV 28**

Don't know what to watch on TV? Why not check out a local program made by Shrewsbury seniors.

**Senior Center Events** (1 hour): Tues at 3:30pm and 11:00pm, Saturdays at 3:00pm. Featuring the Friends of Shrewsbury, In July, Bill Sbrogna will be featured & in August look for "Hear that Whistle Blow" show

**Seniors on the Move:** (1/2 hour) Tues. at 2:00pm and Wed. 10am and Fri.1:pm. Also, 1 hour program on Tues. 7am. Host : Karen McKenzie

*Full schedule for Channel 28, as well as 29 (Educational Access) and 30 (Government Access) on the town's website: [www.shrewsbury-ma.gov](http://www.shrewsbury-ma.gov).*

**Sat, Aug. 16th, 11am-3pm: Sheriff's**

**Annual Senior Picnic** sponsored by Worcester County Sheriff Lewis G. Evangelidis and the Worcester County Reserve Deputy Sheriff's Association. A fun filled day with complimentary lunch, raffles and bingo! The location is right in town: SAC Park, 348 Lake Street. Although this is a regional event, due to the tremendous popularity of the event, each person who would like to attend is being asked to register though their town's Senior Center. Please call the Senior Center by July 31st so that Shrewsbury can pass in the head count.

**Fri., Aug. 22nd Senator Moore Ice**

**Cream Social 12:00 – 2:00:** Come to the Shrewsbury Senior Center and beat the heat! To celebrate summer, Senator Moore's office will be hosting an Ice Cream Social here! Please sign up at the front desk and let us know if you have any dietary restrictions. You may also want to consider having lunch at the Village Café beforehand - make a day of it!

**Bocce is back!** Tuesdays and Thursdays at 9am.

Come join the fun at the Senior Center's backyard at the Frank Perraino Memorial Bocce Court. Get out in the sun, have fun and make new friends!

**Fitness & Nutrition:** Exercise mind and body with strength training, aerobics and stretching. Also learn the latest in aging and falls prevention with Karen McKenzie, host of the TV talk show "Seniors on the Move" Register with the Parks Department, 508-841-8503. **Classes starts Wednesday July 2nd run for 8 weeks through August 20th for just \$25.**

**Summer Hiatus:**

**Shrewsbury Friends Men's Club** will not meet for July or August and will resume in September. Future dates and events will be in September Newsletter.

**Tai Chi** will also not meet over the summer but will resume in September. See you then!

**July COA Board Meeting:** Typically, the COA Board does not meet in July. At press time, a decision had not been made whether or not a July meeting would be held. If you want to be notified if there will be a meeting, please call the Senior Center.

**Have you become a member of the Friends? Don't forget to pick up your card! Membership cards are kept in a file box at the front desk. If you have not received your membership card please go to the front desk and ask for it. Thank you for being a member of the Friends!**

## CARES Column

(Consumer Awareness and Resources for Elders in Shrewsbury)

By Dave Grillo, CARES Coordinator

Financial salespeople offer free meals to entice seniors to attend their seminars. And it works. Although their mailings tend to emphasize that their sponsored events are primarily educational (and, oh yes, the meals are FREE!), their purpose is to get participants to enlist their services. They hope that by feeding you, you will in turn feed them with your investment...not your quiche. I do not want to suggest that these seminars are something to avoid, and I don't mean to say that they are usually scams. The fact that the sponsors want your business isn't a bad thing. But it is important to realize that too many seniors have been financially damaged or ruined as a result of the commitments they made at such seminars. The most common mistake is participants agreeing to turn over significant amounts of their established investments and cash to the seminar sponsors or some affiliated party in exchange for annuity or annuity-type investments. Annuities are complicated financial products that often carry high fees and stringent terms that benefit the underwriting company more than the investor. Typically, the investor is guaranteed income for life in exchange for turning over significant assets. Sounds good. But the amount of that income is contingent upon everything going right (as it does in the scenario the sponsor presents as "possible" during his/her sales pitch). But markets crash, investments tank, and sponsors make bad decisions with our money. As a result, investors may receive income for life as promised but at a dramatically reduced level. For some of those investors (especially seniors), the personal financial consequences of their decision to entrust the seminar sponsor render tasteless the complimentary meal. So, if you wish to attend one of these seminars, by all means go. Enjoy the meal. Take notes. But don't commit. Subsequently, talk with a friend, an advisor you trust, and/or seek out any of the resources available to you through your senior center. The question: Is that product they were pitching at the seminar right for me?

Do you believe those TV infomercial talking heads when they boast of the millions they've made in virtually no time at all with their winning formulas for success? Do you believe that those yachts and mansions they have as backdrops are actually theirs? How about the investment wizards who mail us details of that winning stock that will make us rich just like them? Ask yourself this: If they are so successful, why are they spending time trying to help us get to where they are? Simple answer: They are frauds. Turn the channel, throw away the stock tip!

Consumer Questions? Check with CARES or someone you trust!

## Volunteer Corner

with Volunteer Coordinator

Stacey Lavelly 508-841-8758

Stacey can be reached by phone or email at [volunteerjobs@gmail.com](mailto:volunteerjobs@gmail.com) if you are interested in any of these opportunities or want to discuss other opportunities!

### Council On Aging Jul. & Aug.

#### Volunteer Opportunities

#### Volunteer Opportunities for the Council On Aging:

With summer in full swing it is a lovely time to get out and enjoy all of this fabulous sunshine! We have lots of volunteer opportunities both indoors and out. You are bound to find something that will fit into your summer schedule.



**Meals On Wheels Drivers:** We need a few good drivers to deliver meals to homebound seniors. If you have one morning a week we would love to hear from you! Shifts are available Monday through Friday. Start at 9:15am and be done by noon.

**Discussion Group Leaders:** We are currently seeking leaders to facilitate discussion groups. We have a vibrant senior community in Shrewsbury who are thirsty for knowledge and to share their experiences with others. We are open to suggestions as to subject matter.

**Walk Group Leader:** If you enjoy walking and engaging your peers in light, fun physical activity this may be the volunteer opportunity for you. I am seeking a person willing to lead a seniors walking group. You may walk here in town, Dean Park or vary the venue each week. The important thing is to get out, get moving and enjoy the summer and fall months!

#### Senior Greeter Program at Shrewsbury High School

We are seeking senior greeters for the 2014-2015 school year. We will need fill-in positions and possibly permanent ones too. These positions require people comfortable with high visibility and good communication skills. Fill-in positions will be on an as-needed basis. You will have all vacations, holidays, snow days and summers off!!

**Spirit of Shrewsbury Festival 2014:** It's that time of year again and the Spirit of Shrewsbury Committee is looking for volunteers! They are looking for help in all areas including the Craft Fair, Over 90 Tea and more! Please contact Sabina Terrades at 508-845-5032 or email her at [sterrades@hotmail.com](mailto:sterrades@hotmail.com). The link to their website is:


<http://www.spiritofshrewsbury.org>

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## TRAVEL

**Seniors On The Go:** For more info, please contact Dave Stevens at 508-869-6830. You may also go on-line at: [www.boylstonseiniorsonthego.com](http://www.boylstonseiniorsonthego.com).

**August 27, "Mary Poppins"** the musical at The Ogunquit Playhouse with lunch at Jonathan's Restaurant. The enchanting story, unforgettable songs and dance numbers will delight everyone. Believe in the magic! Price of \$110.00 p/p includes transportation, show, luncheon and a stop at When Pigs Fly Bakery.

**Sept., 8th, Lobster Fest** in addition to the usual Buffet at the Newport Playhouse with comedy show "Murder at the Howard Johnson's" followed by Cabaret. Price of \$82.50 pp includes transportation, show, luncheon and all gratuities.

**Sept., 18th, "New England Goes Country"** with two of today's hottest upcoming country stars, At the Danversport Yacht Club. Price of \$82.00 pp includes transportation, show, and luncheon with choice of Fresh Baked Scrod or Boneless Breast of Chicken.

**Sept. 19 – 21, Red Sox vs Baltimore Orioles** including Tour of Camden Yards, The U.S. Naval Academy, Annapolis and Wine Tasting Tour. 3 Days/2 Nights. Price: \$445.00pp includes Best of Times Tour Director, Transportation, Lodging, 2 Breakfasts, Reserved Seat Tickets to two Ball Games and all touring.

**Sept., 20 – 28, Trains of the Colorado Rockies 9 Days 12 Meals Price \$2,729. p/p Double** Price includes round trip transportation to & from Logan Airport – Airfare to Denver Colorado, all tours and lodging.

**Bob Zinkus 2014 Trips: 7/10 & 8/7 Foxwoods,** 8:00am - 4:00pm. Receive buffet voucher & \$10 slot play. \$24.pp video on bus & prizes.

**7/20 Mohegan Sun Resort Casino,** 10:00am - 5:00pm. Receive \$15. food voucher & \$10 "Spin on the Wheel" video on bus & prizes. \$24.pp.

**8/13 North Shore Music Theater - "GREASE"**, One of the longest playing musicals on Broadway. Music of the 50's. Inside seat and show. Lunch at Famous Davenport Yacht Club, \$111.

**8/18 & 19 Saratoga & West Point.** Call for more information 508-757-1210 or [zworchester@verizon.net](mailto:zworchester@verizon.net)

## Friends of Shrewsbury Senior Center, Inc.

The new membership year will begin in September. If you would like to contribute to the newsletter this summer, please use the form below. The Friends would like to thank everyone who continue to send in donations for the newsletter. It is greatly appreciated.

Enclosed is:

☐ \$\_\_\_\_\_ My contribution for *The Senior Edition* newsletter.

Name\_\_\_\_\_

Address\_\_\_\_\_

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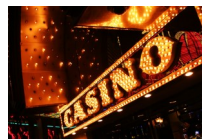
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## The Friends of the Shrewsbury Senior Center, Inc.

is currently in the process of planning our Basket Raffle fundraiser for the fall. We are asking local businesses and individuals to donate either a basket or something to put in a basket. If you, or someone you know, would like to donate to this worthwhile event please contact Mona Berman at 661-296-8545 or leave your name at the front desk. All donations are tax deductible. Thank you for your support of the Senior Center.



## Trip to Foxwoods Casino, Jul. 9 & Aug. 6, 8am

Foxwoods Casino with the Men's Friends Club. Depart at Shrewsbury Senior Center. Sign up at the front desk or with Joe Montecalvo and pick your seat. \$22 per person, incl. \$10 food coupon and \$10 Keno tickets. Payment is needed at sign-up to avoid overbooking. NO refunds. Call Joe at 508-234-5162. **Parking spaces at the Senior Center are limited so please car pool.**

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**Wed, July 16th, 4:30-6:30pm The Silk Road**

**Artist Guild:** The Gallery at Shrewsbury Crossings will have their Summer Show Opening Reception featuring pieces from artists in the Silk Road Artist Guild accompanied by a live musical performance. Call 858-845-2100 to sign up!

**Thurs., Jul., 17th, 6:00pm, Blackstone Valley Bluegrass:**

The friends of the Shrewsbury Public Library presents Blackstone Valley Bluegrass, to perform on the Shrewsbury Town Common (if raining it will be held at the Shrewsbury Senior Center) Free ice cream will be provided by our neighbors Heald & Chiampa while supplies last.

**Summer Concert Series at Southgate:** It's Southgate's 25th anniversary! Below is the 2014 line-up for the popular Summer Concert Series. Bring your lawnchairs and join us Tuesdays at 7 PM\*: Call 1-508-842-8331 with questions.

**July 8- Tom Nutile Big Band**

**July 15- The Dave Whitney Orchestra**

**July 22- Dan Gable and the Abletones**

**July 29- The Wolverine Jazz Band**

**August 5- Beatles for Sale**

**August 12- The Reminisants**

**August 19- 4 Guys in Tuxes**

\*Please note, in the event of rain, the concert will be moved into the Southgate Theater and will be limited to Southgate residents and their guests only.

**Mass Audubon Program**

**Catalogs:** Central & Western Mass.,  Mass Audubon May - September 2014 are available at Protecting the Nature of Massachusetts the Shrewsbury Senior Center, inquire at the front desk. Some of the featured articles you will find are: Broad Meadow Brook Wildlife Sanctuary, Wachusett Meadow Wildlife Sanctuary, Berkshire Wildlife Sanctuaries, Connecticut River Valley Wildlife Sanctuaries. Stop by and get a copy, or contact the Mass Audubon Society at 1-800-AUDUBON 800-283-8266) or visit [www.massaudubon.org](http://www.massaudubon.org).

**Places to Explore Booklet:** A Guide to Mass Audubon's Wildlife Sanctuaries, Nature Centers, and Museums. The Senior Center has copies for your enjoyment.

**News from The Commonwealth of Massachusetts:****2014 "Celebrate My Town" 18th Annual Art Exhibit Announced:**

Open to citizens 62 and over. Art entries will be accepted from both amateur and professional artist and will be displayed at the Commonwealth Museum. All medium of art is acceptable (Oils, Watercolor, Ink, Pastels etc.). The size requirements are a minimum of 5" by 7" and a maximum of 18" by 24". If an artist is unable to mat and frame we will provide matting using basic materials. Please print your name, address, telephone number and medium use on the back of the art work. In order for your artwork to be displayed on our website you must enclose the signed authorization form. The **deadline for entries is August 1, 2014** and must be mailed or delivered to the attention of: Dolores McCray, Commonwealth Museum, 220 Morrissey Blvd., Boston MA. 02125. Our Annual Recognition Ceremony will be held at the Commonwealth Museum at a date to be announced.

**Why not visit the Commonwealth Museum this Summer?**

The Commonwealth Museum is the Massachusetts state museum, located across the parking lot from the JFK Presidential Library. The dramatic "Treasures Gallery" displays:

-Paul Revere's original copper engraving plate for the **Boston Massacre** image

-Official Massachusetts copy for the **Declaration of Independence** sent during the revolution and signed by John Hancock

-The **Bill of Rights** sent by president Washington in 1789, one of fourteen originals

-The **Massachusetts Constitution of 1780** penned by John Adams and still in use today.

Why travel all the distance to Washington DC and wait for hours to see similar documents? Summer is the best time to visit the beautiful waterfront museum!

To learn more, call 1-617-727-9268 or visit [www.state.ma.us/sec/mus](http://www.state.ma.us/sec/mus)

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## Support Group Meetings Available

**Tues., Jul., 1st & Aug., 5th: 1st Tuesday of each month:**

\***Bereavement** Support Group, Notre Dame Hospice. Du Lac Assisted Living, 555 Plantation St., Worcester. 3-4:30pm contact number 508-852-5505.

**Wed., Jul., 2nd & Aug. 6th: 1st Wednesday of each month:**

\***Central Massachusetts LBD Caregivers Support Group**, Southgate at Shrewsbury, 30 Julio Drive, Shrewsbury, 6:30- 8 pm. Contact Cathy Flanagan at 508-735-2059.

**Tues., Jul., 8th., & Aug., 12th: 2nd Tuesday of each month:**

\***Support Group for Grandparents Raising Grandchildren**, 6-8pm YWCA, 1 Salem Sq., Worcester, contact number 508-756-1545. Free childcare is provided.

\***Dementia and Alzheimer** Program for spouses of individuals with memory impairments, Dodge Park, 110 Randolph Rd, Worcester, 6-8 pm contact number 508-853-8180

**Thurs., Jul., 10th & Aug 14th: 2nd Thursday of each month:**

\***Worcester Prostate Cancer Support Group**, UMass Med School, 55 Lake Ave North, Ambulatory Care Center, Worcester, MA 6:00-7:30 pm. Contact is Carl Barstow (508-835-3390).

\***Caregivers** Support Group, Saint Francis Adult Day Health, Worcester, MA 7-8:30 pm. Contact number 508-752-2546.

\***Low Vision** Support Group, Northborough Senior Center, Northborough, MA 1-3 pm. Contact number 508-393-5035.

**Thurs., Jul., 10th & 24th., & Aug 14th & 21st: 2nd & 4th Thursdays of each month:**

\***Early Stage Alzheimer's Patient** Group, 5 Whitney Place, Westborough: 2nd, & 4th, Thursdays 10:30-12pm. Family & **Carepartner Alzheimer's** Support Group held the first Tuesday of the each month from 1-8:30pm at the conference room on the 2nd floor. Contact Gary Davis at 508-836-4354.

**Mon., July 14th & Aug., 11th: 2nd Monday of each month:**

\***Alzheimer's Caregivers** Support Group, 6:00pm - 8:00pm. Location: Pleasantries Adult Day Services, 195 Reservoir St. Marlborough. Contact Tammy Pozerycki at 508-481-0809.

\***Better Breathers** Support Group, Whittier Rehabilitation, Westborough, MA 2:00pm., contact number 508-871-2134.

\***Alzheimer's and Memory Loss** Support Group 1:30-3 pm. Beaumont Rehabilitation and Skilled Nursing Center, 85 Beaumont Dr. Northbridge. Contact number 508-234-6481.

**Tues., Jul., 15th & Aug., 19th: 3rd Tuesday of each month:**

\***Alzheimer's and related dementia caregiver** support group. Shrewsbury Crossing at 5pm. Contact Kelly Marcimo at 508-845-2100.

\***Bereavement** Group, Northborough Senior Center. Contact Carol Recchion at 508-754-0052, 10-11:30am.

**Sun., July 27th & Aug., 24th: 4th Sunday of each month: Create A Better Day Café.** 1:00 - 3:00 at Pleasantries 195 Reservoir St. Marlborough. Contact Tammy at 508-481-0809.

## NEWS FROM SHINE

### JULY/AUGUST 2014

### Medicare Appeals

If you have Medicare, you have the right to appeal decisions you disagree with. All steps in the appeal process have specific time frames and other requirements. ***It is very important to pay attention to the time limits for appeals!***

Some appealable situations are:

Medicare denies your request for a health care service, supply, or prescription.

Medicare denies payment for health care that you have already received.

Medicare stops covering services that you are receiving.

Medicare pays a different amount than you believe it should.

For assistance with appeals, the Medicare Advocacy Project (MAP) provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan, regardless of income. For assistance from MAP, call the Massachusetts Senior Legal Helpline at 866-778-0939.

*If you need help on any aspect of your health insurance, SHINE offers free counseling at your local Senior Center or Council on Aging. Call your Senior Center or COA and ask for a SHINE appointment. You can reach a SHINE volunteer by phone at 1-800-AGE-INFO (1-800-243-4636) If you get the SHINE voice mail, leave your name and phone number and a counselor will call you back as soon as possible. SHINE (Serving the Health Information of Everyone) is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Friends of the Milford Senior Center, The Massachusetts Councils on Aging, and other local agencies.*



**Shrewsbury**  
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Offering short term rehab, long term care and memory care.  
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Funeral Home  
91 Central St. Auburn  
**508-832-4420**

**Shrewsbury Senior**

**Mondays**  
11am  
**Join Us!**

**Citizen's Club**

**COA/Senior Center Staff and Volunteers:****COA Board Members**

Tim Swiss, Chairman; John Concordia, Vice Chairman; Marty Green, Charles Fenno, Norma Giumentaro and Mahesh Reshamwala

**COA Director:** Sharon M. Yager

**Transportation Coordinator:** Cynthia M. Willis

**Van Drivers:** Pat Babin, Bob Dumas, Bob Horne, Philip Koziara, Jane Person, Donna Messier, Jim Shaw, Tim Shaw, John Shirpole and Junior Watkins.

**Outreach Coordinator:** Walter P. Rice, LCSW

**Volunteer Coordinator:** Stacey Lavery

**Office Support Coordinators:** Donna Messier, Miranda Watson

**SHINE:** Call the Senior Center for assistance

**CARES Coordinator:** Dave Grillo

**Village Café:** Beth Murray, Manager, 508-841-8757

**Newsletter Committee:**

Fran Rimkus, Chairman

George Lavoie, Billing Agent

Pat Chandley, Advertising

Ken Bodle, Bob Durbano,

Judy Esip, Terry Gale, Norma Giumentaro,

Chuck Kilgore. Fran Rimkus, Maynard Rinker, Don Rondeau.

**Deadline for September  
2014 Newsletter:  
August 14**

Please Note: Information submitted to this newsletter may be edited and/or shortened by the Newsletter Committee. If you have something to submit, please do so by email: coavolun@shrewsburyma.gov. (Please note new e-mail address!) Decisions for publication are made by the Newsletter Committee. All submissions must include the original source of the material.



**Free Coffee, Donuts and Muffins** when you help us stick the mailing labels on ***The Senior Edition Newsletter***. The monthly mailing date is the LAST FRIDAY of each and every month at 8:30am. Come join in a fun two hours! **Next meeting is Aug. 29th. Have a nice summer.**

## Were you aware of the new Shrewsbury Farmer's Market?

At press time, the new Shrewsbury Farmers Market was working to become a part of the Senior Nutrition and WIC Farmer Market Coupon program. One farmer has signed up for the program in which \$2.50 coupons would be given for veggies and fruits. This is NOT the SNAP program, although SNAP may be part of the program next year. To learn more about the program, call Outreach Program Coordinator Walter Rice at 508-841-8647.

**Outreach News**

By Outreach Coordinator Walter Rice, LCSW

**Call 508-841-8647 for any assistance you may need.**

**Your contact with me is confidential**

**SMOC Fuel Assistance:** for those who have received Fuel Assistance in the past, you will receive the new 2014-2015 application in the mail in August. Contact Walter if you need assistance re-applying. Benefits are NOT automatic for past recipients. You MUST reapply. New applications are usually taken in Oct. or Nov. watch this column for details!

**Small Home Repair Program (SHRP):** Summer weather means people need help with fans, screens, and air conditioners! PLEASE don't try to take on these tasks yourself! Keep this helpful program in mind for these and other small repairs that can be done. Summer is the perfect time to repair unsafe steps and stairs, railings or other things to keep you safely in your home. Contact Walter to explore the options that are available.

**New Emergency List:** This updated list will consist of residents who want a well-being check in the event of severe weather or an unforeseen emergency, such as hurricanes, loss of electricity and more. For anyone on oxygen or other life-sustaining equipment, this should be a must. Please note this is NOT an R.U.OK program well-being check. **Call the Senior Center to be added to the new list.**

**TRIAD:** Worried about what would happen to your pet if you needed to call 911 or otherwise had to leave your home in an emergency? Please be assured the TRIAD has successfully addressed this need many times and the Animal Control Officer will make sure your animal(s) are properly cared for until your crisis is resolved. The TRIAD encourages you to contact Walter if you would like the officer to meet your pet(s) and learn about their needs for your peace of mind.



*The Outreach Program can provide emotional support and referrals to various services. You are NOT alone in dealing with whatever problem you may be facing. Do not be afraid to ask for help!*



**very much to Creedon Catering CO., 39 Johma Rd. Worcester,** for their donation of Coffee Cups to **Rogers Café** at the Shrewsbury Senior Center. We all wish the Brave Hearts Baseball team Good Luck!

**New Life Styles (The Source for Senior Living) Booklet:** the Shrewsbury Senior Center has copies for your use. Some information includes: Guide to Senior Living and Care (digital Version at [www.NewLifeStyles.com/guides/cma](http://www.NewLifeStyles.com/guides/cma)).

## Summer Time Means Insects! Educate Yourself!

### Mosquito-borne Disease in Central Massachusetts:

Attention: Older Adults! Check out this booklet for information on how you can keep safe this summer, also read about other important information that the Central Massachusetts Mosquito Control Project booklet has.



### Preventing Lyme disease, Friday, July 18, Noon, Monday and August 18, 6 p.m.

If you play outdoors, camp, hike or garden, you are bound to cross paths with ticks that carry Lyme disease. Undetected, the disease can lead to potentially serious conditions, such as arthritis, swelling of joints and cognitive disorders. Sarika Aggarwal, M.D., a practicing physician and Chief Medical Officer of Fallon Health, will discuss ways to protect yourself from tick bites, proper removal of attached ticks, and symptoms of the disease. This event is free and open to everyone in the community – including those who are not Fallon Health members, at the Fallon Information Center, Route 9, White City Shopping Plaza. Please call to reserve your space: 1-866-209-5073 (TRS 711). For more information, visit [fallonhealth.org/info-center](http://fallonhealth.org/info-center).

*\*\*This event is part of Fallon's Provider Speaker Series. The Fallon Health Speaker Series brings local medical professionals to you! Doctors and surgeons present the latest advancements in medicine, proven treatments and prevention techniques. Get the medical information you need—at no cost to you. See other talks being offered this summer in the next column!*



### 2014 Massachusetts Home Health Resource Directory

**Now Available:** The Senior Center received the latest copy of this helpful resource. Provided by the Home Care Alliance of Massachusetts, this directory provides a list of Home Care

Providers with a town-by-town cross reference. The 306 page book contains loads of great information for anyone looking into home care services. Visit the Senior Center to view the reference copy, or visit their website at [www.thinkhomecare.org](http://www.thinkhomecare.org). The Home Care Alliance can be reached by calling 617-482-8830 or 800-332-3500.

## Fallon Provider Speaker Series

**at Fallon Information Center, Route 9,  
White City Shopping Plaza, Shrewsbury.**

*The FREE Fallon Health Speaker Series brings local medical professionals to you! Doctors and surgeons present the latest advancements in medicine, proven treatments and prevention techniques. Get the medical information you need—at no cost to you. Open to the public, you do not need to be a Fallon member to attend!*

### Family Health History and You:

**Friday, July 11, Noon, Monday and Aug. 11, 6pm.**

Athleticism, curly hair and dimples are examples of family traits. So are the risks of asthma, diabetes, cancer and heart disease. Lisa Price-Stevens, M.D., Medical Director for Fallon Total Care, will discuss potential connections between your family's health history and your health—now and in the future. This event is free and open to everyone in the community – including those who are not Fallon Health members. Please call to reserve your space: 1-866-209-5073 (TRS 711). For more information, visit [fallonhealth.org/info-center](http://fallonhealth.org/info-center).

### Communicating With Your Doctor: Monday, July 14, 6:00pm, Friday, August 8, 12:00pm

Health care is complex, confusing and fast moving. Having an effective relationship with your primary care physician is key to finding the right path of care for you. Lisa Price-Stevens, M.D., Medical Director for Fallon Total Care, will speak on establishing a relationship with your doctor that is built on communication and trust. This event is free and open to everyone in the community – including those who are not Fallon Health members. Please call to reserve your space: 1-866-209-5073 (TRS 711). For more information, visit [fallonhealth.org/info-center](http://fallonhealth.org/info-center).

### Massage Therapy:

**Friday, July 25, 10:00am – 3:00pm.**

Have tight muscles? Start to move in comfort after you receive a 15-minute table or chair massage. Massage Therapy is open to everyone in the community – including those who are not Fallon Health members. Please call to book your free treatment. To register, call Health Promotions at 1-888-807-2908. For more information, visit [fallonhealth.org/info-center](http://fallonhealth.org/info-center).

# THE ROAD TO THE NEXT CHAPTER

## INFORMATION ON THE TEMPORARY LIBRARY

### LOCATION

- 214 Lake Street, Shrewsbury, directly behind the Glavin Regional Center.
- The site is a 10,000 square foot building which previously housed an early intervention preschool program run by Horace Mann Associates.
- Watch for the signs at the head of the driveway onto the Glavin property.

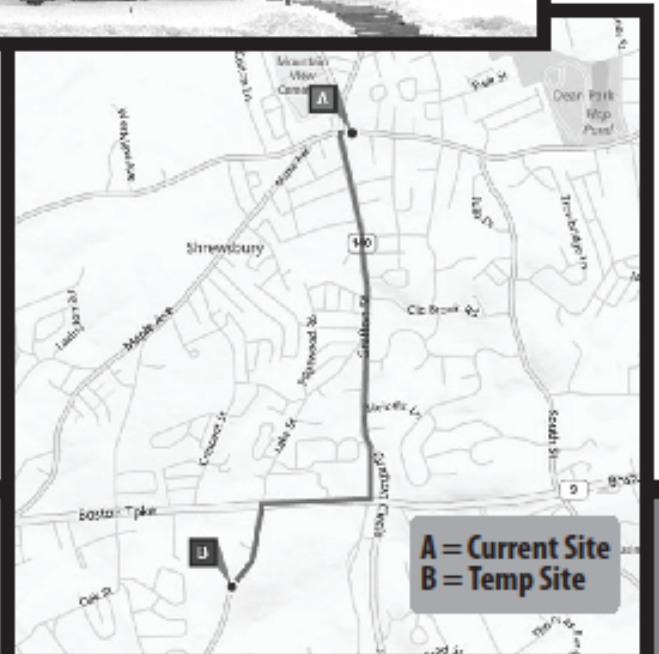


**2.2 miles  
from current  
site. Est. 6  
minute  
drive.**



### TIMELINE

- The current library will close for about a three week period in mid August to allow for the packing and move to the temporary library. See below for further details about this period.
- The new temporary library at Lake Street will open in early September.
- We will offer Library services in the temporary library through spring of 2016.
- Exact dates will be determined as we get closer to the move, please check the library website at <http://www.shrewsbury-ma.gov/LBC> for updated information.



**A = Current Site  
B = Temp Site**

### DURING THE 3-WEEK CLOSURE

During the short time we are closed we will have a "call center", so that we can assist you by phone. From this call center we will be able to help you place reserves, sign up for a program, and distribute museum passes. The phone number for this call center will be available closer to the period of closing and will also be posted on the library website. You can use your Shrewsbury Public Library card at any of the 150 libraries in the CWMARS network. You can find a full list of those libraries at [www.cwmars.org/content/libraries](http://www.cwmars.org/content/libraries)

Here are some locations and information on libraries in our adjacent communities:

**Northborough Library** - 508-393-5025 \* 34 Main Street - <http://northboroughlibrary.org/>

**Grafton Library** - 508-839-4649 \* 35 Grafton Common - <http://graftonlibrary.org/>

**Boylston Library** - 508-869-2371 \* 695 Main St. - <http://www.boylstonlibrary.org/>

**Worcester Main Library** - 508-799-1655 \* 3 Salem Square - <http://www.worcpublib.org/>

**Worcester Frances Perkins Branch** - 508-799-1687 \* 470 W. Boylston St. - <http://www.worcpublib.org/>

**Stop by the SPL  
for more information  
and directions.**

## THE ROAD TO THE NEXT CHAPTER

CONTINUED FROM REVERSE SIDE

What services and resources will be available at the Temporary Library?

\*All the core services you enjoy now will be available at the temporary library.

\*There will be public computers and Wi-Fi.

\* You'll find books, movies, magazines, games, music, etc.. some items will be in storage, but we are making sure that the most popular and well used materials are available on the shelves of the temporary library

\*Children's programs we offer will be similar to what you enjoy now; the teen programs will be slightly

reduced. Adult programs will be impacted more, with less special programs, but we will still offer our recurring programs such as book groups, English Conversation Circle, Job Seekers WIN network, technology instruction, etc. Some programs will be held at offsite locations. Check our fall newsletter or the library web-site for that information as it develops.

\*There will be a reference desk where you can obtain answers to reference questions, tech help with online services and devices and so forth. Museum passes will still be available for loan. We will still have very active interlibrary loan services. You can place holds on items from our library or other libraries in CWMARS, by phone, online or by visiting the library. Once they arrive, you can still pick them up from the Hold Shelf at the temporary library

\*Outreach services to preschools and homebound individuals will continue as usual.

\*We will still provide support for area book groups, ordering duplicate copies and making them available for check out

\*All our online service such as e-books, downloadable music and magazines, online tutoring and language instructions, children's reading development tools and so forth will be unchanged.

\*The exterior book and media drop will still be available, for dropping off materials when the library is closed or when you don't have time to run inside.

\*The small display of books for sale by the Friends of the Library will continue.

\*The Friends will still offer hot beverages for sale through the Friends Café Counter. With less than half the space of the regular library, what has to give?

\*Every space in the temporary library will be more

crowded and less flexible. There will be no designated quiet versus noisy spaces. Study desks and comfortable chairs will be in the same area as the public computers. We will do everything possible to make things comfortable, yet staff and patrons will have to share spaces, study tables and such and will need to cooperate to make the reduced space work. It will be quite an adventure.

\*About ½ of the collection will be in storage and inaccessible. However, we can use interlibrary loan services to obtain desired items from other libraries. We are happy to help you with that service if you are not familiar with it. It's very easy to use.

\*We will have only one meeting room, and it is smaller

than the current large meeting room on the second floor of the library. Library programs will be reduced, as described above, and bookings for outside groups will be diminished as well.

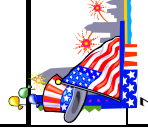

\*There will be far fewer study tables and carrels.

Because of this we encourage tutors to begin seeking alternate locations for their fall tutoring work now. Please see the information on area libraries for ideas about where to seek space.

The Friends of the Library will not be holding their large Annual Book Sale during the period we are at the temporary library. As we will have extremely limited storage space, we will be able to accept only one bag or box of donations at a time. These will be used for to stock a single shelf of books the Friends will sell via throughout the year.



## Monthly On-Going Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11:30 Roger's Coffee Shop 9:30 Piece Makers 11-1:00 SSC Club (Bingo) 11:30 Whist 12:00 Mahjong 1-45 - 3-45 Seniors in Session <i>(Current Event Group)</i>	No Tai Chi for July or August 9:00 Bocce 9:15 Zumba Gold (no 7/8) 9-11:30 Roger's Coffee Shop 10-12:00 Independent Artists 10:20 Belly Dancing 12-1:30 Painting with Elaine 1-45-3:15 Art is 4 Every1 12:30-4:00 Duplicate Bridge 2:00 Men's Billiards	No Tai Chi for July or August 9-11:30 Roger's Coffee Shop 9:30-10:30 Fitness & Nutrition** 10-11:30 Basic Drawing (no 9th) 11:00 Yoga 12:00-1:00 BP/ Weight Screening 12:30 Beginners Bridge 1:00-2:00 Plates 1:00-3:30 Whist	9-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 12:00 Mahjong 1:15- 1:45 Healing Meditation 1-3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00-3:00 Exercise for Seniors	9-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 12:00 Mahjong 1:15- 1:45 Healing Meditation 1-3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00-3:00 Exercise for Seniors
 <b>JULY 2014</b>	<b>1</b> <b>Hot Dog on a Bun</b>	<b>2</b> <b>American Chop Suey</b>	<b>3</b> <b>BBQ Chicken</b>	<b>4</b> <b>Independence Day</b> <i>All Municipal Offices Closed</i>
<b>Chicken &amp; Sausage</b>	<b>8</b> Van Trip: Walmart, Rt. 9 9:00-12:00 Legal Clinic 10:00 Spinal /1:00 Hearing <b>Beef w/ Jardinière Sauce</b>	<b>9</b> 8:00 Foxwoods Trip 10:00 - 12:00 Card Making <b>Roast Pork</b>	<b>10</b> <b>Salmon w/Ginger Glaze</b>	<b>11</b> 10:00 Heart Healthy Smoothie Workshop 11:30 Movie and Lunch <b>Chicken Fricassee</b>
<b>14</b> <b>Potato Crunch Fish</b>	<b>15</b> 12:30 Ice Cream Social <b>Cheese/Spinach Omelet</b>	<b>16</b> <b>Swedish Meatballs</b>	<b>17</b> 9:30am: Aquatics Lecture <b>Chicken Chow Mein</b>	<b>18</b> <b>Salisbury Steak</b>
<b>21</b> <b>Macaroni &amp; Cheese</b>	<b>22</b> Van Trip: Blackstone Valley Rte. 146 <b>Chicken Murphy</b>	<b>23</b> <b>Meatloaf &amp; Gravy</b>	<b>24</b> 2:00-8:00 Red Cross Blood Drive <b>Cracker Crumb Fish</b>	<b>25</b> <b>Chicken Stew</b>
<b>28</b> 10:00-11:00 Senator Moore <b>Greek Chicken</b>	<b>29</b> <b>Oriental Noodles</b>	<b>30</b> <b>Beef Stew</b>	<b>31</b> 1:00 "Music is Love" Show 2:00 Book Chat <b>Pork w/Stuffing &amp; Gravy</b>	 <b>AUGUST 2014</b>
<b>**Participants must register at the Parks Department, (508) 841-8503. Classes start at the beginning of the month, but registration is on-going.</b>				
PLEASE NOTE: All special monthly activities, meetings and screenings appear on this calendar. Call the Senior Center at (508) 841-8640 to sign up for screenings, clinics, and special events. The entrée at the village café is listed each day. To reserve your meal, please call the Café Office at (508) 841-8757. All reservations must be made by noon, (2) business days in advance. Meal menu may change without notice. Menu includes milk & margarine. <b>NOTICE: Meal cost has increased to \$2.50.</b>				
<b>4</b> <b>Kielbasa</b>	<b>5</b> Van Trip: Walmart Rt. 9 <b>Chicken Salad Sandwich</b>	<b>6</b> 8 :00 Foxwoods Trip <b>Pasta Primavera w/Chicken</b>	<b>7</b> <b>Baked Ham</b>	<b>8</b> 11:30 Movie and Lunch <b>Beef Mediterranean</b>
<b>11</b> <b>Shepherd's Pie</b>	<b>12</b> 9:00-12:00 Legal Clinic 10:00 Spinal Screening 1:00 Hearing Screening <b>Chicken Cacciatore</b>	<b>13</b> 10am COA Board Meeting <b>Salmon w/Dill Sauce</b>	<b>14</b> <b>Turkey a La King</b>	<b>15</b> <b>Sloppy Joe</b>
<b>18</b> <b>Chicken Mornay</b>	<b>19</b> Van Trip: Xmas Tree Shop <b>Potato Crunch Fish</b>	<b>20</b> <b>Meatloaf &amp; Gravy</b>	<b>21</b> 2:00-8:00 Red Cross Blood Drive <b>Eggplant Parmesan</b>	<b>22</b> 12:00 Senator Moore Ice Cream Social <b>Pot Roast Stew</b>
<b>25</b> <b>Burgundy Meatballs</b>	<b>26</b> <b>Rib-B-Que</b>	<b>27</b> <b>Roast Turkey &amp; Gravy</b>	<b>28</b> 2:00 Book Chat <b>Buttermilk Chicken</b>	<b>29</b> <b>8:30 Newsletter Mailing</b> <b>Beef &amp; Bean Chili</b>